

# September 2013 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2 <b>CLOSED For LABOR DAY</b></p>	<p>3 Turkey Stack Mashed Potatoes with skins Turkey gravy Fr. Broccoli WW Fresh Bread with Promise Canned Applesauce</p>	<p>4 Sliced Beef Russet Roasted Potatoes with skins Fr. Key Largo Blend WW Dinner Roll Promise Canned Mandarin Oranges</p>	<p>5 Creamed Chicken Over a Biscuit Fr. Mixed Vegetable Shredded Lettuce with Carrots &amp; Dorothy Lynch Apricot Halves Promise</p>	<p>6 Tator Tot Casserole Fr. Green Beans Fr. Peas &amp; Carrots WW Fresh Bread Canned Peaches over Cottage cheese Promise</p>
<p>9 Chicken Fried Steak with Country Gravy Mashed Potato with skins Fr. Corn, WW Dinner Roll Orange Jello with Shred. Carrots &amp; Pineapple Promise</p>	<p>10 Meatloaf With Tomato sauce Baked Potato with butter Fr. Green Beans WW Dinner Roll Canned Pears Promise</p>	<p>11 Sliced Ham Sweet Potato Fr. Peas WW Fresh Bread Canned Pineapple w/ Green Jello with juice Promise</p>	<p>12 Grilled Chicken Smothered Cream of Chicken Fr. Prince Williams Veg. Cucumber Salad WW Fresh Bread, Promise Red Jello, Canned Cherries Marshmallow, Whip Topping</p>	<p>13 Taverns Baked Beans Cole Slaw Bun Canned Mandarin Oranges Promise</p>
<p>16 Beef Tips w Mushroom Soup &amp; Onion over Egg Noodles Fr. Green Beans Shredded Lettuce w Fr. Shred Carrots &amp; Dorothy Lynch, Promise</p>	<p>17 Turkey Cutlet Mashed Potatoes with skins Turkey Gravy Fr. Key Largo Blend WW Fresh Bread Canned Tropical Fruit Promise</p>	<p>18 Ham Salad Sandwich on WW Bread Homemade Pea Salad HM Tomato Soup Stewed Tomatoes Crackers, Promise Apple Pie</p>	<p>19 Tuna Casserole with Rotini Noodles Fr. Prince William Blend Cottage Cheese with Peaches Cherry Jello with Canned Pears Promise</p>	<p>20 Broasted Chicken Quarters Red Roasted Potatoes Fr. Cauliflower WW Bun with Promise Mandarin Fluff</p>
<p>23 Beef Stroganoff with egg Noodles Fr. Prince Williams Vegetable Fr. Vegetable Salad Cottage Cheese with 2 Pineapple slices on a Lettuce leaf Promise</p>	<p>24 Polish Dog with Kraut on a bun Baked Beans Cucumber Salad Vanilla Pudding with Marshmallows &amp; Fr. Mango Promise</p>	<p>25 Baked Chicken with Cream Of Chicken Soup Ranch Roasted Potato with skins Fr. Mixed Vegetable WW Fresh Bread &amp; Promise Frozen Fruit with Yogurt</p>	<p>26 Baked Italian Pasta with Mozzarella Cheese Dilled Carrots Lettuce Salad with Carrots &amp; Dorothy Lynch dressing Promise Green Jello with Canned Mandarin Oranges</p>	<p>27 Shaved Hot Beef on WW Bread Mashed Potatoes with Brown Gravy Green Beans Frozen Strawberries in Juice Promise</p>
<p>30 Baked Ham Roasted Sweet Potatoes Fr. Broccoli WW Fresh Bread Canned Mandarin Oranges Promise</p>	<p>2% Milk, Skim Milk, Water, and Coffee are offered with every meal.</p>		<p><i>Bring a Dinner Guest on Sept.24th &amp; 30th for Big Shows</i></p>	

# September 2013 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>2</b></p> <p><b>CLOSED</b></p> <p><b>For</b></p> <p><b>LABOR</b></p> <p><b>DAY</b></p>	<p><b>3</b></p> <p>Morning Walking Quilting</p> <p><b>1:00 Card Making</b></p> <p>Afternoon Bridge Club</p>	<p><b>4</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Morning Walking/Quilting/Cards</p> <p>9:00 &amp; 1:00 Pool</p> <p><b>11:30 Connie Webber, Piano</b></p> <p>1:00 Hand &amp; Foot</p> <p><b>3:00 Birthday Cake &amp; Party</b></p> <p><b>Brian &amp; Nelby/Careage</b></p>	<p><b>5</b></p> <p>Walking Quilting Cards</p> <p>1:00 Pitch Party</p> <p>Afternoon Bridge Club</p>	<p><b>6</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Walking/Quilting/Cards</p> <p>9:00 &amp; 1:00 Pool</p> <p>1:15 Bingo</p> <p>1:00 Hand &amp; Foot Dominoes</p>
<p><b>9</b></p> <p><b>9:15 Frog Exercises</b></p> <p><b>Morning Walking</b></p> <p><b>Quilting</b></p> <p><b>Cards / 9:00 &amp; 1:00 Pool</b></p> <p><b>1:00 Hand &amp; Foot</b></p> <p><b>1:00 Dominoes</b></p>	<p><b>10</b></p> <p>Morning Walking Quilting</p> <p><b>1:00 Card Making</b></p> <p><b>1:30 Toe Clinic</b></p> <p><b>Ann Hoeman, P.A.</b></p> <p>Afternoon Bridge Club</p> <p><b>Pitch</b></p>	<p><b>11</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Walking / Quilting / Cards</p> <p>1:00 Hand &amp; Foot</p> <p><b>Merle Ring, Piano</b></p> <p>9:00 &amp; 1:00 Pool</p>	<p><b>12</b></p> <p>Morning Walking Quilting Cards</p> <p>1:00 Pitch Party</p> <p>Afternoon Bridge Club</p>	<p><b>13</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Walking/Quilting/Cards</p> <p>9:00 &amp; 1:00 Pool</p> <p><b>Century Club Movie/Drawing</b></p> <p><b>Dinner at 12:05 - 12:10</b></p> <p>1:15 Bingo</p> <p>1:00 Hand &amp; Foot Dominoes</p>
<p><b>16</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Walking / Quilting</p> <p>Cards / 9:00 &amp; 1:00 Pool</p> <p>1:00 Hand &amp; Foot</p> <p><b>1:00 Hand &amp; Foot Dominoes</b></p> <p><b>1:00 Board Meeting</b></p>	<p><b>17</b></p> <p>Morning Walking Quilting / Cards</p> <p><b>11:30 Val Koeber, Piano</b></p> <p>Afternoon Bridge Club</p>	<p><b>18</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Walking / Quilting / Cards</p> <p>9:00 &amp; 1:00 Pool</p> <p>11:45 &amp; 12:45 "Love Songs"</p> <p>Charles Maier</p> <p><b>12:00 Special Luceon</b></p> <p>1:00 Hand &amp; Foot</p>	<p><b>19</b></p> <p>Walking/Quilting/Cards</p> <p><b>11:30-12:15</b></p> <p><b>Deb Dickey, piano</b></p> <p>1:00 Pitch Party</p> <p>Afternoon Bridge Club</p>	<p><b>20</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Walking/Quilting/Cards</p> <p>9:00 &amp; 1:00 Pool</p> <p>1:15 Bingo</p> <p>1:00 Hand &amp; Foot Dominoes</p>
<p><b>23</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Morning Walking Quilting/Cards</p> <p>9:00 &amp; 1:00 Pool</p> <p>1:00 Hand and Foot</p> <p>1:00 Dominoes</p>	<p><b>24</b></p> <p>Morning Walking / Quilting Cards</p> <p><b>11:30 &amp; 12:45 Fall Festival</b></p> <p><b>Jerry Junck</b></p> <p><b>Country Show &amp; Comedy</b></p> <p>Afternoon Bridge Club</p>	<p><b>25</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Walking / Quilting / Cards</p> <p>9:00 &amp; 1:00 Pool</p> <p><b>11:30 Bev &amp; Cyril Hansen,</b></p> <p><b>Organ</b></p> <p>1:00 Hand &amp; Foot</p>	<p><b>26</b></p> <p>Walking/Quilting/Cards</p> <p><b>11:30 "Spotlight on Promise"</b></p> <p><b>Phil &amp; WSC Students</b></p> <p><b>12:45 Oak's Day Charlotte</b></p> <p><b>Easland &amp; Sarah Townsend</b></p> <p>1:00 Pitch Party</p> <p>Afternoon Bridge Club</p>	<p><b>27</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Walking/Quilting/Cards</p> <p><b>11:30 Pat Cook, Piano</b></p> <p>9:00 &amp; 1:00 Pool</p> <p>1:15 Bingo</p> <p>1:00 Hand &amp; Foot Dominoes</p>
<p><b>30</b></p> <p><b>9:15 Frog Exercises</b></p> <p>Walking/Quilting/Cards</p> <p>9:00 &amp; 1:00 Pool</p> <p><b>11:30 &amp; 12:45 Gene Magden</b></p> <p><b>Crooning to the</b></p> <p><b>"Oldies but Goodies"</b></p> <p>1:00 Hand &amp; Foot Dominoes</p>	<p><b>Every Monday &amp;</b></p> <p><b>Wednesday:</b></p> <p><b>1:00 Hand &amp; Foot</b></p>	<p><b>Remember</b></p> <p><b>Fridays:</b></p> <p><b>1:15 Bingo</b></p> <p><b>2:00 Chicken Foot</b></p> <p><b>Dominoes</b></p>		